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MEAL PLANNING AND CHILD HEALTH

When children are growing fast and playing hard, they need foods that will produce strong bones and teeth, build tissue, make red blood, and furnish energy. But children's "tummies" are small and quickly filled. So every bite they eat must be as full of food value as possible.

Milk is the most economical source of the materials needed for growth, says _____ (Name), _____ (Institution), _____ (Place). Eggs are also excellent body builders—rich in protein, vitamins, and minerals. Diet plans of the Federal Bureau of Home Economics recommend from three to four glasses of milk a day, and from four to five eggs a week.

Fruits and vegetables are also important, and at least four servings are needed for every member of the family during the day. Cereals are another "must" in the well-planned diet. Whole-grain cereals are especially important for their vitamin and mineral content.

Lean meats are suitable for children once a day. And _____ (name) suggests that the meat dish be liver or kidney or sweetbreads sometime during the week.

If sweets do not take the place of more important foods, they may be served as a special treat at the end of the meal. Desserts that the entire family will enjoy are custards, puddings, ice cream, fruit sherbets, plain cookies, and plain cake. Dried, canned, or fresh fruit also makes a wholesome dessert.